

CALMNESS IN EVERY STEP

by:

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The decision-making process is an essential part of any organization. It's important to have a calm, collected approach when navigating these situations.

Whenever you are making decisions, it's important to keep your emotions in check. You can't make good decisions if you're too stressed or upset, so take some time to calm down before coming up with an answer. When it comes to decision-making, the first thing you should do is take some time to calm down. If you're too stressed or upset, it will be hard for you to make good decisions.

When it comes to making decisions, it's easy to get caught up in the moment. We all have opinions about a lot of things, and sometimes those opinions are different from our subordinates. We can be so focused on our own thoughts that we forget that everyone else is also thinking about what they're going to say next. But when it comes to making decisions, we need to listen to each other – and that means being able to hear out our coworkers' arguments without getting defensive or shutting them down.

When we have to make decisions, it's important to remember that we won't always get our way. Sometimes, you'll need to compromise and give up something in order for everyone to agree on the best course of action. If you're too focused on winning every argument and getting your own way, then no one will want to work with you.

It's important to remember that your coworkers are just as human as you are, and they have their own passions and interests that they may not be able to articulate at the

moment. That doesn't mean they don't care about what you're saying or your opinion – it just means they might not know how best to present it themselves

Keep in mind that nobody is perfect, and nobody has all the solutions. By taking time out from your workday every day, even if only for five minutes, you can gain perspective on your situation and make sure everyone around you feels like there's someone who understands them when things go wrong or need more attention than usual.

There are different ways to make these decisions. You may want to go with your gut instinct and just make a quick decision based on what seems right at that moment, or you might want to try out some research first before making a final decision. Whichever method works best for you will depend on your personality type and preferences. Your colleagues may also have different approach when making decisions, so it's important not only for you to listen carefully during meetings but also for everyone else in your department.

References:

Psychology Explains How a Calm Mind Helps You Make Better Decisions

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How Calmness Leads to Better Decision-Making

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